



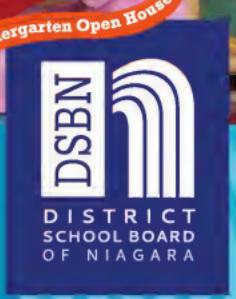
All children born in 2010
are invited to join us for a
Kindergarten Open House at
your local DSBN public school!

Thursday, February 6
4:00 - 6:00 p.m.



See inside for more information
or visit our Kindergarten website:
www.dsbn.org/kindergarten

DSBNiagara
 @DSBN



What can my child expect in Kindergarten at the DSBN?

Your child can expect to be warmly welcomed by our educators, school administrators and support staff. They can also expect to learn, explore and grow in a safe, colourful and vibrant classroom. Your child can look forward to a variety of fun and engaging experiences that will develop their love for learning.

What will my child learn in Kindergarten?

Kindergarten begins to lay the foundation for all other learning in school. Much of the learning is play-based and encourages students to become increasingly independent and to solve problems.

The program will help students develop their language and math skills, while offering opportunities to engage with science, technology and the arts. Students will also be given many opportunities to exercise, play and develop important social skills with their peers.

What can parents expect?

Kindergarten is a big change for both you and your child. We are committed to making this transition as smooth as possible for you and your family.

You can expect to have regular communication with your child's teacher and many opportunities to discuss their progress. There will also be many opportunities for you to get involved and to be part of your child's education.

This is a shared journey and we look forward to working with you!

How old does my child have to be to register for Kindergarten?

If your child was born in 2010, they can start Kindergarten in September 2014.

How do I know if my child is ready?

Children who are ready for school are:

- highly playing with others
- eager to learn
- beginning to take responsibility for themselves and others
- beginning to be independent
- curious
- learning to cooperate

How do I register?

Start by downloading your child's registration form. Visit:

www.dsbn.org/kindergarten
and click "Register"

Bring the completed form with you when you attend the Kindergarten Open House at your local DSBN school. There will also be forms available on Open House night.

To complete registration, you will need your child's:

1. Birth Certificate, Birth Registration or Baptismal Certificate
2. Immunization Certificate
3. Provincial Health Card
4. You may be asked for proof of address

What if I can't attend the Open House?

No problem! Call your local DSBN elementary school to register and arrange a personal tour.

FORT ERIE
Crystal Beach Public School
145 Derby Road, Crystal Beach
(905) 894-3900

Garrison Road Public School
1110 Garrison Road, Fort Erie
(905) 871-4830

Peace Bridge Public School
105 Torrance Street, Fort Erie
(905) 871-5962

Ridgeway Public School
143 Ridgeway Road, Ridgeway
(905) 894-3751

Stevensville Public School
3521 Main Street East, Stevensville
(905) 382-3222
A Child's World
Child Care On-site
(905) 382-3122

GRIMSBY
Central Public School
10 Livingston Ave., Grimsby
(905) 945-5459
YMCA Childcare On-site
(905) 945-6761

Grand Avenue Public School
14 Grand Avenue, Grimsby
(905) 945-2227
Lakeview Daycare On-site
(905) 945-0431

Lakeview Public School
33 Olive Street, Grimsby
(905) 945-5427
Lakeview Before & After
School Program On-Site
(905) 945-0431

Nelles Public School
118 Main Street East, Grimsby
(905) 945-8022
Kidzdom Preschool On-Site
(905) 309-9997

Park Public School
217 Main Street East, Grimsby
(905) 945-2445
YMCA Child Care On-site
(905) 945-1431

Smith Public School
18 Oakes Road North, Grimsby
(905) 945-8014
YMCA Child Care On-site
(905) 309-0614

LINCOLN
Jacob Beam Public School
4300 William St. Box 390, Beamsville
(905) 563-8209
YMCA Child Care On-site
(905) 563-3918

Senator Gibson Public School
4944 John Street, Beamsville
(905) 563-7431
YMCA Child Care On-site
(905) 563-5037

Vineland Public School

4635 Pettit Avenue, Niagara Falls
(905) 356-2311

NIAGARA FALLS
Cherrywood Acres Public School
1057 Petter Avenue, Niagara Fall
(905) 356-2801
A Child's World
Child Care On-site
289-697-5678

Forestview Public School
4635 Forestview Blvd., Niagara Falls
(905) 356-6261
A Child's World
Child Care On-site
905-354-4010

Greendale Public School
5504 Montrose Road, Niagara Falls
(905) 356-8111

Hesler Avenue Public School
6772 Hesler Avenue, Niagara Falls
(905) 356-0932

James Morden Public School
7112 Dorchester Road, Niagara Falls
(905) 356-5011

John Marshall Public School
3910 St. James Avenue, Niagara Falls
(905) 356-3711

Kate S. Durand Public School
6855 Kalar Road, Niagara Falls
(905) 356-0488
YMCA Child Care On-site
905-354-5555

Murtha Collimore Public School
3155 St. Andrew Ave., Niagara Falls
(905) 356-5142

Orchard Park Public School
3691 Dorchester Road, Niagara Falls
(905) 354-3916

Princess Margaret Public School
6624 Culp Street, Niagara Falls
(905) 354-2333
A Child's World
Child Care On-site
905-357-5244

River View Public School
3300 Cattell Road, Niagara Falls
(905) 295-3251
A Child's World
Child Care On-site
905-380-7541



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Milestone Birthdays

Women have a combined 210 years of stories
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Community Involvement

Students raise funds for homeless youth
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Energy Hearings

Wind Energy still open to negotiation, Rankin says
Page 14

Traded to Pirates

Learn closer to home in Port
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THURSDAY, JANUARY 23, 2014

IMPORT NEWS



SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS

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■ RENEWABLE ENERGY: Council urged to use local improvement charges to help homeowners

VIRIAN THOMPSON
OMI Agency

In this OMI Agency file photo, a pair of solar panels are installed on farm land along Rest Acres Road, just south of Paris, Ont. A presentation was made to Port Colborne council last night asking the city to finance residential solar panels through local improvement charges.



Port could finance solar panels

MARYANNE FIRTH
OMI Agency Niagara

Albert Zappitelli hoped to shed light on a potential option available during a recent visit to city hall.

The owner of Umbrella Energy asked Port Colborne councillors on Monday to consider using local improvement charges, a financing tool previously used only for infra-

structure projects, to assist residents in the purchase of solar panels for their homes.

An amendment made by the Ontario government in 2012 now allows municipalities to offer low-interest financing for residential home improvements aimed at reducing energy or water consumption, Zappitelli said.

See SOLAR on Page 2

HometownRealEstateGuy.com

Michael Smith
SALES REPRESENTATIVE

TOP 10
RLP AGENT
2012



OPEN HOUSE SUNDAY 1 TO 2:30



24 Lakeside Place, Port Colborne
\$324,000

Near the lake... beautifully renovated 4 bedroom, 2 1/2 bath 2 storey with wood burning fireplace in the family room and oversized soaker tub in ensuite.

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LOCAL NEWS

■ TURBINES: Decision to award tax dollars to aid legal battles of business cheered and jeered

Council told to get ethics training, resign

GREG FURNINGER
QMI Agency Niagara

Wainfleet politicians are getting thumbs up for awarding \$40,000 in taxpayer money to a private company to fight its legal battles against another private company.

But, looking at the decision in the ongoing war on turbines, aldermen also were told Tuesday night to get some lessons in ethics and resign from office.

"We do realize it's a really divisive issue," Mayor April Jeffs said of township council's 3-1 decision on Dec. 10 to pay Skydive Burnaby \$40,000 in its legal fight against Wainfleet Wind Energy, which plans to erect two turbines near the parachuting club.

That decision sparked Wainfleet Wind Energy to launch its second lawsuit

against the municipality. Jeffs said Tuesday night council was "protecting the municipality" by aiding the skydiving club.

"We're using every tool in the toolbox to do so," she said.

Aldermen went behind closed doors at the start of their 6 p.m. meeting with the township lawyer, who Jeffs later said will continue to look into the matter of the political contribution to Skydive Burnaby and ensuing lawsuit.

"Nothing has been given to anybody at this point," Jeffs said.

Whether council proceeds with its Dec. 10 decision will be discussed at its next meeting, Jan. 28.

Joan Anderson wants

to establish terms of repayment for the \$40,000.

"I have a general concern about the use of taxpayer money," Anderson said in her address to council, explaining she's not taking sides in the turbine debate.

"Enough taxpayer money has been directed at this single issue," Anderson said. "This is not where some of you expect you to spend our money."

Figures presented by municipal treasurer Robyn Madore showed from 2012 to Sept. 13, 2013, the township had spent \$193,600 fighting turbines, including on legal fees and \$66,645 awarded to Wainfleet Wind Energy, which successfully sued to strike down a township bylaw that called for a 2-km residential setback for wind turbines.

"Nothing has been given to anybody at this point," Jeffs said.

Whether council proceeds with its Dec. 10 decision will be discussed at its next meeting, Jan. 28.

Joan Anderson wants



SUPPLIED PHOTO

Wainfleet Mayor April Jeffs.

bines, rather than the 500-metre setback required as part of the Green Energy Act.

André Watts told his

elected officials he'd prefer the \$40,000 awarded to Skydive Burnaby not be spent, but he said in view of it being "a continuation of the fight" launched by council and that there is no other option.

"You have tried to protect all Wainfleet residents," said the staunch turbine opponent as he warned ill health effects and diminished property values will accompany the erection of wind turbines.

Stéphane Watt had supporters cheering him on. On Aug. 28, too, received applause. He said "outrage, total disgust and despair" is what he felt after learning of council's move to help fund Skydive Burnaby's legal battles.

He questioned why a hasty decision was made at the Dec. 10 meeting, how council came up with a \$40,000 council and why no written terms of the arrangement were provided.

"I find this bizarre, outrageous, unethical and a continuous waste of taxpayers' money. Whoever voted for this donation should resign immediately," Augustine said.

Alid David Wyatt countered by suggesting money being spent on the turbine war this one time will pay in compensation over years of lost tax revenues as a result of decreased property values caused by turbines.

Council's Jan. 28 meeting starts at 6 p.m. with preliminary discussion on the 2014 budget, followed by a regular session at 7 p.m.

greg.furninger@summedia.ca
Twitter: @GregATribune

SOLAR

Port could see its own solar energy farm

From Page 1

Funds can be borrowed from the city and payments made through the homeowner's property taxes over 10 or more years.

Net metering in homes, with solar energy feeding into the grid, is "becoming more favourable for the future," Zappitelli said.

"My house is net metered," he

said. "When the sun shines, my meter goes backwards. When it's dark, my meter goes forward. At the end of the year I have a zero balance on my hydro."

Buying into net metering would cost the average household about \$25,000, Zappitelli said.

"But when it's paid in 10 years, what's your house worth?" he asked. "You have

no hydro bill. You'll get your initial investment back."

A standard, well-performing 10-kilowatt system will output power that will yield at least \$22,800 in savings over 10 years, he said, adding that payout will grow if electricity rates continue to increase as prices rise.

The panels do not need to be installed directly on homes or even be connected, Zappitelli said. A co-operative can be built on a city-owned brownfield and residents' panels kept there.

"You pay \$25,000, but your panel goes in the park," he said.

Ward 4 Coun. Ron Bodner questioned the life of the equipment and whether there were any ongoing costs

with the project.

All Ontario-made solar panels come with a 25-year warranty, Zappitelli said, which "means 15 years of free hydro" after the balance is paid off.

There are, however, maintenance costs associated with the equipment, he said.

If Port Colborne were to get on board, it would be one of the first cities in Ontario to do so, Zappitelli said.

Port Colborne is the right size with the right attitude of council and the right demographic.

The issue was referred back

to city staff who will bring forward a report on potential options at a future meeting.

margaret.firth@summedia.ca
Twitter: @MargFirthTribune

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LOCAL NEWS

■ LIFE: Women have a combined 210 years of stories

Milestone birthdays in Port, Welland

MELISSA MANGELSEN
Tribune Staff

The early 1900s was a time for innovation. The electric vacuum cleaner, coffee filter, paper cups and neon lamps were introduced. On Jan. 16, 1908, Lotta Fretz of Port Colborne was born and on Jan. 20, 1910 Elena Turroni of Welland was born. The two south Niagara women celebrated their birthdays — Fretz her 106th and Turroni her 104th — Thursday.

Fretz is the oldest resident Portl Village has ever had. "I grew up in a very Christian family, we didn't drink or smoke. We didn't do most of the things that people considered fun," Fretz said with a laugh. "But we really enjoyed life. I had an unusual but wonderful childhood."

Fretz took her passion for problem solving and the knowledge she gained from her father and worked her way through the ranks of elementary school teacher to high school teacher. From there, she became the first female school superintendent in North York.

"I was the first woman to represent the government at that level, but it was high time that it happen," said Fretz, who beat out 27 men to get the job.

"I enjoyed teaching and problem solving. It was very fulfilling."

Though her dad died when she was young, Fretz

said one thing he always said to her had stuck in her mind. He told her that if anything could be done, she could do it. "All daddies should tell their daughters that. I never doubted what he said, I always believed what he said. I was very stubborn."

Leading the way in the catering business was Turroni, who was gathered with friends to celebrate her 104th birthday Thursday.

"I did catering and was a chef. At that time I was the only caterer in Welland," said Turroni, who has also written numerous cookbooks.

Her home in Welland is decorated with detailed paintings that she also created.

Turroni recalled a very different Welland when she was growing up compared to what it is now.

"I was born on Burger St. in Welland. It was such a vibrant and active city; everything that you could imagine downtown," she said.

Groups held dances, industry was booming and you could leave your doors unlocked without any fear, she said. "In those days Welland, was great," she said.

Turroni's father had roots in Welland as well, being a jack of all trades. He worked in a factory, made butter and made Italian cheeses using the milk of 100 cows. "We had cheese in all our shelves. We had an entire



Executive members of the Charter of Regina Lodge #20 Order Sons of Italy of Canada helped Elena Turroni (front) celebrate her 104th birthday, which is on Monday. From left, Teresa Dsabio, treasurer, Mary Mollica, president, Teresa Albano, trustee and Diane Sauer, secretary. Turroni was born in 1910.

PHOTOS BY MELISSA MANGELSEN/PELHAM NEWS STAFF

room that was cheese being cured," laughed Turroni.

She is also an original member of the Charter of Regina Lodge #20 Order

Sons of Italy of Canada.

She thought her birthday fall on different dates, the two milestones tell a story of changing times.

The iron lung, penicillin, jet engine and Scotch Tape were also created during their lifetimes.

"I've been blessed in life to have the support and friendship of so many amazing and kind people. I

Lotta Fretz of Port Colborne celebrated her 106th birthday, Jan. 18 at Portl Village. Fretz, who was born in 1908, is the oldest resident Portl Village has ever had.



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couldn't have done what I had if it wasn't for the people I surrounded myself with," said Fretz.

melissa.mangelsen@sunmedia.ca

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ourview

Revisionist history lesson from Coun. Stevens

There are many painful things in life.

Hitting your thumb with a hammer. Getting stung by a bee. Undergoing a root canal. Listening to Coun. Jennie Stevens deliver a lecture on democracy.

At St. Catharines city council this past Monday, Stevens gave her colleagues an unsolicited lesson on municipal politics.

The issue at hand was how council should fill the seat left vacant by the recent resignation of Coun. Bradly.

Staff presented council with two options: hold a by-election or appoint a replacement. If council chose to appoint, it could select the third-place finisher in St. George's Ward from the 2010 election, consider the nomination of someone else or advertise for interested candidates.

Stevens was critical of the staff report, claiming it lacked important information. So, she provided some of her own.

Stevens said council has, in the past, held elections on some occasions, and opted for appointments at other times.

"It is important to note that all appointments occurred prior to 1990," she said. "In those years there were no ward-city-wide and it would have been costly to hold by-elections."

I doubt that was the reason. Council fears were for one year prior to amalgamation in 1961. What would have been the point of holding a by-election halfway through those terms?

As for the assertion that no appointments have occurred since 1960, that's pure poppycock.

In October 1967, Mayor Bob Johnston was elected MPP. When he finally resigned as mayor in early 1968, council selected Ald. Mac Clowen as his replacement. Then it appointed Stewart Willmott to fill Clowen's vacant seat on council.

In 1972, Ald. Fred Bradley was elected MPP, filling the vacancy created when Kirby Howe resigned for work reasons.

In the spring of 1977, Ald. Jim Bradley was elected MPP. His seat was filled by council appointee John Wushita.

After Ald. Mike Collins unexpectedly resigned in 1978 for personal reasons, council appointed Bill Lucey to the Merriton seat.

In 1981, another vacancy was created in Merriton when Len Leo resigned for health reasons. This time, though, council broke with recent tradition, choosing to hold a by-election rather than appoint third-place finisher Fred Lindell, Stevens' father.

Think she might be carrying a grudge?

City clerk Bertus Nisticcio-Dunn had told council the cost of a by-election in St. George's Ward would be "anywhere from \$40,000 to \$50,000" and it couldn't be held until late April.

Stevens contended: "While costs of a by-election must always be an important consideration in filling a vacancy, in my opinion one cannot put a price on democracy."

Perhaps. But I think one can put a price on lunacy.

And that would be spending any amount on an April by-election, following which the winner would get to attend fewer than 10 council meetings before the regular municipal election in October. Painful stuff.

dhered.niagara@gmail.com

I've been thinking

FR DAVID GRAHAM SCOTT
St. Ignatius of Antioch Orthodox Church

Literally translated from the Greek, euthanasia means a good death. But by 1981 Roman Catholic ethicists called euthanasia a term that is ambiguous and misleading in regard to end-of-life care.

Even the distinction between active euthanasia (killing) and passive euthanasia (letting die) is unhelpful. And now Quebec's Bill 52 would redefine palliative care to include medical aid in dying. This is part of shifting humanity's tendency to clothe the death of death in euphemisms.

The prophet Isaiah reported God's condemnation of redefining words. "Woe to those who call evil good, and good evil; who put darkness for light, and light for darkness; who put bitter for sweet, and sweet for bitter!" (5:20).

Christ Jesus our Lord said, "I tell you on the day of judgment men will render account for every careless word they utter" (Matthew 12:36).

The Orthodox liturgy includes the bidding prayer to ask of the Lord, "A Christian ending to our life: painless, blameless and peaceful; and a good defense before the dread judge."

ment seat of Christ."

Fr. Stanley Harakis declared that the only 'good death' for the Christian is the peaceful acceptance of the end of his or her earthly life with faith and trust in God and the promise of the Resurrection.

Fr. John Breck writes that it is essential that dying persons be able to prepare to die well. They need to prepare to die well because they need a conscious and personal relationship with God and with other people. They need to be able to confess and receive Holy Communion one last time. And they need to know that they are accompanied by the presence and prayer of those who love them and can surrender them gently and peacefully into the hands of God. That is what a good death is.

The biblical witness to human life is that it is a sacred gift bestowed by God, which is to be received, cherished and offered back to God as an expression of faithful stewardship. Fr. John Breck writes, "This traditional Christian vision of the person, created in the divine image and destined for eternal participation in divine life, is what gives ultimate meaning to our life and our death."

Christ put it this way: "I have come that they may have life, and

that they may have it more abundantly" (John 10:10).

Quebec's Bill 52 to make euthanasia part of palliative care is based on questionable ecclesiastical assumptions that there is no God, that everything is matter, and that the human being is autonomous and makes his or her own meaning of life.

Bill 52 is based on Belgium's legislation, which has well-documented reports of euthanizing not only those near death but also the disabled and children, without consent. The so-called safeguards in legislation are failing in both Belgium and the Netherlands. The slippery slope is not a myth. (www.theecfa.ca) or www.epcc.ca)

An Abingdon Research poll of 500 Quebecers in October 24-26 last year found that 61 per cent of respondents supported legalizing medical aid in dying. But after being informed of the dire consequences that similar laws have brought about in other countries, the favorable response dropped to 35%.

Let us hope and pray that both the Quebec National Assembly and Parliament will affirm the Criminal Code prohibition of euthanasia, a prohibition that has been confirmed by the Supreme Court of Canada on more than one occasion.

readers' views

RE: HOSPITAL CLOSURES NO SURPRISE

Deb Matthews' announcement to build a new billion-dollar hospital just a few kilometres away from the new St. Catharines acute health-care facility and close all other Niagara hospitals is no surprise.

What is surprising is that Kevin Smith and the health minister brought into Mayor Jim Diodati's false spin that "New" Peterborough is the only real spokesman who has the right to fight for his livelihood? We stand behind Mayor Jeffs and township council for financially supporting Skyrive Burnaby. Taxpayers' money is going to a great cause supporting a local historic bustiness. In our estimation, Mayor Jeffs is a courageous and intelligent leader willing to fight and does not fold like two previous mayors who you bragged well-came you with turbines at last year's regional council.

MARK ROBINSON
PORT COLBORNE

WAINFLEET DISAGREES

Tom Rankin, you do not in any way represent the beliefs of myself or my family. We could not be further apart and disagree more with your take on funding for Skyrive Burnaby. Responding to your statement in a recently article that said "I'm representing (Wainfleet) taxpayers that are pretty upset about the whole shebang," why don't you name the only real spokesman who has the right to fight for his livelihood? We stand behind Mayor Jeffs and township council for financially supporting Skyrive Burnaby. Taxpayers' money is going to a great cause supporting a local historic bustiness. In our estimation, Mayor Jeffs is a courageous and intelligent leader willing to fight and does not fold like two previous mayors who you bragged well-came you with turbines at last year's regional council.

We would say the silent majority of taxpayers still have concerns over

health issues, wildlife fatalities and the eyewore that come along with wind turbines. Ironically if it is you who are bringing on the lawsuit so in reality you are the one causing Wainfleet taxpayers money.

FAYE SUTHONS

WAINFLEET

JUST IN TIME

On Dec. 13, I had emergency surgery for an obstructed bowel. Dr. P. Kozlari examined me in Welland and an hour later, I was going into the operating room. Because of his quick action, I and my family know he saved my life. Six days on the fourth floor of the hospital, I was in mercy help for recovery sooner than expected. The front-line medical staff does a magnificent job of care and support for their patients.

JACK McDOWELL
PORT COLBORNE

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LOCAL NEWS

MUNICIPAL FINANCE: Wainfleet fire department looking to recoup some costs

\$50,000 lien placed on meth lab property

GREG FURNINGER
QMI Agency Niagara

A \$50,000 lien has been placed on a Wainfleet property housing a barn that was said to be operating as a meth lab when police raided it last month.

Aldermen agreed at Tuesday night's township council meeting to place a "priority lien" on the property identified as 85014 Marsha-

gan Rd., at Creek Rd. The lien was placed under provisions of the Police Protection Act.

According to a township report, the owner has agreed to pay the costs associated with the fire department's efforts in dismantling the highly volatile operation, but because matters are still before the criminal courts is unable to pay.

Township chief administra-

tive officer Scott Luey told aldermen lawyers for both the township and the property owner agreed to the \$50,000 figure, although he said it's a "far smaller amount" than actual costs borne by the township.

The \$50,000 is subject to proceeds-of-crime legislation for which the municipality will be paid by the court system upon conviction, or by the owner if

acquitted.

In a news release that followed the raid on the methamphetamine lab, Niagara Regional Police reported "the flammable solvents, acids and other poisonous and caustic chemicals used pose a risk of fire or explosion, and the criminality and danger that accompanies these labs is ever present."

"The dismantling of the

lab is a dangerous and hazardous operation..."

Police called in the Wainfleet fire department, Niagara's hazardous materials team and Niagara paramedics to assist with dismantling the lab.

Two Pelham men still face charges of producing a controlled substance and possession of a controlled substance for the purpose of trafficking in connection

with the bust in Wainfleet, as well as a related raid at a residence on 49 Foresthill Cres. in Pelham.

Policie said \$50,000 in cash was seized from the Pelham residence and an unspecified amount of meth was located at the converted Wainfleet barn.

greg.furninger@sunmedia.ca
Twitter: @GregAtTheTrib

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LOCAL NEWS

EDUCATION



MELISSA MANGELSEN/PELHAM NEWS STAFF

Students at Lakeshore Catholic High School raise awareness and funding for youth homelessness through the Raising the Roof Campaign. From left, David Lee, Emily Garon, Samantha Chapman, Lindsay Huffman and Mikhail Salway.

Suffering From Lactose Intolerance?

Do you often feel like you want to throw up, feel bloated, get crampy, suffer from gas or get a rumbling in your guts after drinking milk or eating ice cream or other dairy foods? If so, you may be lactose intolerant. It is uncomfortable and sometimes painful and lactose intolerance is also a very common ailment.

Lactose intolerance means your body cannot easily digest lactose, a type of natural sugar found in milk and dairy. This is not the same thing as a food allergy to milk.

When lactose moves through the large intestine (colon) without being properly digested, it can cause uncomfortable symptoms such as gas, belly pain, and bloating. Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of dairy without problems but too much and it is a problem.

Unfortunately lactose intolerance is be-



coming fairly common in adults and there seems to be more and more sufferers everyday. The challenge for people who are lactose intolerant is learning how to eat to avoid discomfort.

Physically, lactose intolerance occurs when your small intestine does not make enough of an enzyme called lactase. Your body needs lactase to break down and digest lactose. When it doesn't all kinds of trouble erupts.

SULMEDOL from NOW Foods is an exceptional supplement that helps your body to regain your tolerance for dairy. If you suffer from drinking milk or eating dairy products, Sulmedol can help to restore and maintain your natural lactose tolerance.

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www.rosemarysnaturalchoices.com

Information is provided for reference only. For specific health issues consult your local natural health practitioner.

Students raise funds for homeless youth

year doing Raising the Roof," said student Emily Garon. The initiative raised \$3,600 last year and helped 77 youths.

This year's campaign began at the end of November and wrap up with Toque Tuesday on Feb. 11. Students will play a dodgeball game against the teachers with the 1972 Summit Series as the theme.

"The teachers will be Team Canada and the students are Russia. There's something about dodgeball that the students love," said Bowens.

Students will pay to participate in the game, spectate and dress down for the day. All proceeds raised through ticket sales will go to Port Cares.

To help raise awareness, students at the school will be holding a life would be like for a homeless youth. It has a garbage can for heat and a cardboard box for shelter. Students sit in the made-up scenario to grab the attention of students and teachers walking past. The program is part of the students Christian Community Service project.

"The students are always really proud and excited to do this. We're provided with numbers from Port Cares, so we're able to see exactly how we are helping," said Bowens.

After a successful campaign last year Garon said they have upped their fund-raising goal and hope to reach \$4,000.

In addition to selling toques and setting up the homeless scenario in the halls of the high school, the technology class will be constructing a street house, which is a detailed architectural project for them. The house will be on display at Niagara Square in Niagara Falls.

"It's a really great cause and something that we're happy to be a part of," said Garon.

Students from schools all over Niagara are involved in the campaign, including elementary schools in Fort Erie, Crystal Beach and Port Colborne.



LOCAL NEWS

CATHY PIETZ: Canal-side walkers asked to keep eyes open for clues

Police expect another dive for missing woman

GREG FURNINGER
Tribune Staff

PORT COLBORNE — People walking along the Welland Canal here are asked to keep their eyes peeled for clues into the disappearance of 56-year-old Cathy Pietz.

On Jan. 9, Niagara Regional Police combined its winter underwater search and recovery and marine unit's training with a search for the Welland woman not seen since Dec. 26.

If people are seen hiking or walking their dogs along the west bank of the canal, they should be observant of heat saplings or tire tracks, said Const. Rich Gauthier.

"We need more eyes — and that's operating on the assumption that she's in the water," he said of Pietz.

The police dive just over a week ago produced no evidence.

"No clues, but we do anticipate doing some more diving," Gauthier said, adding it will again be south of the Clarence St. bridge.

But before police can do that, they need to co-ordinate operations with St. Lawrence Seaway Management Corp.

Conducting a dive in the Welland Canal, he said, requires far more consent and planning than one that would take place, for example, in the city-owned Welland Recreational Canal.

Gauthier said police hope to use side-scan sonar during their next dive.



CATHY PIETZ

Pietz's family is being kept up to date on developments in the police investigation.

Pietz was last seen at her family home in Welland at about 10:30 p.m. on Dec. 6.

Police are now treating her disappearance as suspicious. She is believed to have been driving a red four-door 2001 Pontiac GT1 with Ontario licence plate AWVY176.

Police are asking anyone with information to call 905-735-7811, ext. 3306.



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Award-Winning Musical Tribute to "The Eagles" Coming to Roselawn Theatre

"Welcome to the Hotel California" ...

Calling all fans of legendary 1970s' Country-Rock group "The Eagles"!! On Saturday February 22 at 8:00pm, the music of The Eagles will be celebrated at the Stephen Leacock Theatre in Keswick with a new Canadian touring show called "New Kid In Town: The Ultimate Eagles Tribute". Comprised of some of Canada's leading session musicians, "New Kid in Town" will perform all of the legendary hits from the Eagles extensive career with amazing "note for note" accuracy.

The evening will be comprised of two sets, with the first half featuring all the songs from the multi-million selling album "Eagles Greatest Hits 1971-1975" including "Take It Easy" "One of These Nights" "Tequila Sunrise" "Peaceful Easy Feeling" and "Desperado" amongst the audience favourites. After an intermission, the band will return with more classic hits from the latter portion of The Eagles career including "Life in the Fast Lane" "The Long Run" "Heartache Tonight" and their signature song "Hotel California".

As a bonus, the multi-talented "New Kid In Town" cast will also perform solo hits made famous by Eagles band members Don Henley, Glenn Frey and Joe Walsh.

Rob Killian, who plays keyboards and is one of three lead vocalists in the show, notes "New Kid In Town is a family oriented, audience-interactive performance where the crowd will know and love every song." Rob is also excited about the Canadian music award the band was recently awarded in Niagara Falls, adding "It's nice to have all the hard work we've put into this show recognized by the music industry."

Tickets to see "New Kid In Town: The Ultimate Eagles Tribute" at the Roselawn Theatre in Port Colborne on Saturday February 22 at 8:00pm are on sale now. Value-priced at only \$29 (all inclusive), tickets are available by phone # 905-834-0833, or via pick-up at the theatre box office at 296 Fielden Avenue, Port Colborne.

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Roselawn Theatre
296 Fielden Avenue, Port Colborne
Call 905-834-0833

Region seeking agencies to help the homeless

ROB HOULE
QMI Agency Niagara

Niagara Region has put out a call for social agencies willing to help the homeless.

Niagara Region Community Services is seeking proposals for the delivery of homeless services such as emergency hostels and outreach, from July 1, 2014 to Dec. 31, 2016.

"The province has some provin-

IMPORT NEWS ■ **THURSDAY, JANUARY 23, 2014**
cially mandated programs and the federal government has some homelessness programs," said Sarah Penfold, the Region's director of social assistance and employment services.

"We receive the funding from those levels

of government and we co-ordinate and oversee the provision of homelessness services in Niagara."

Analytical funding for these services is approximately \$4.2 million — \$2.35 million from the province, \$1.3 million from the Region and \$411,470 from the federal government.

The Region is looking for agencies to provide emergency hostel services.

"So if someone has no place to live, they can go and stay in an emergency hostel," Penfold said.

The Region is also looking to contract outreach services, wherein agencies will "drive out to all our communities and seek out people who are living under bridges and streets, and give them some of the basic necessities they need — something warm to eat, maybe

a warm pair of socks."

The request for proposals also seeks agencies to provide transitional housing services. The agency will help people moving from being homeless to finding permanent accommodations, but who require some support in the way of access to mental-health, addiction or employment services.

"Lastly, we have prevention services," Penfold said. "For example, maybe a household is struggling with making ends meet and they received help with utilities. The agencies that contract with, they provide some of those prevention services to help people continue to negotiate with their landlord so they don't become homeless in the first place."

The Region is accepting proposals until Feb. 6. Agencies interested in applying can access the request for proposals at www.niagararegion.ca/business and click on the "bid opportunities" link.

rob.houle@summedia.ca
Twitter: RobH_Standard

Saturday, February 22, 2014

2:00pm, 4:30pm & 7:00pm

at Bowl-O-Rama 968 Niagara St., Welland

Sunday, February 23 & Saturday

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Salvation Army Community and Family Services

EMERGENCY HOSTELS

Casa El Norte
HOPE House
Matthew House

The RAFT

Salvation Army Booth Centre

Start Me Up Niagara — Out of the Cold

PREVENTION

(Housing help)

The RAFT — Youth Reconnection

Port Cares — Housing Futures

Prevention Project

The HOPE — Centre Community Coach

Start Me Up Niagara — Housing Preservation Service

Community Care of St. Catharines/

Thordal — Integrated Service Strategy

(Niagara Emergency Energy Fund)

Community Care of St. Catharines and Thorold

Community Care of West Niagara

HOPE Centre

Port Cares

SUPPORTED TRANSITIONAL HOUSING

Boys' and Girls' Club — Nightlight

Transitions

Salvation Army — Booth Centre

Supported Transitional Housing

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YWCA of Niagara — Offsite Transitional Housing



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IMPORT DATEBOOK

JANUARY 23

ROSE CITY TOASTMASTERS

open house, 7 p.m., to 9 p.m., in Welland Arena's lower community room. See how impromptu and prepared speeches in a fun and supportive atmosphere can improve the confidence, communication and leadership skills of anyone, 18 and up. For more information, call 289-696-3167 or visit welland.toastmastersclubs.org.

LEGO

at Wainfleet Township Public Library & 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Legos.

JANUARY 24

SPAGHETTI DINNER

fundraiser at Wesley United

Church, 244 First Ave., Welland, with sittings at 5 p.m. and 6:30 p.m. Dinner with salad, garlic bread, dessert, tea and coffee is \$13 or \$18 also with one glass of wine, children under 12 \$5, children under three free. For tickets call 905-735-5912.

FISH FRY

at the Royal Canadian Legion Branch 6, Hall, 383 Morningstar Ave., Welland, starting 3 p.m. Cost is \$9 a person.

JANUARY 25

FAMILY MOVIE

The Croods is playing at Welland Public Library's Diamond Trail branch starting 1 p.m. This movie is rated G. Tickets are free and can be picked up at the circulation desk. For more information on Diamond Trail branch programs call 905-3166-1061, visit the information desk or visit www.welland.library.on.ca.



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Please do not send attachments. Full listings online under Life

CANDYMAKERS BOOK CLUB

meets at Welland Public Library. Kids aged seven to 12 can read a deliciously imaginative book by Wendy Mass with friends and explore activities related to Candy. This club meets from 1:30 p.m. to 2:30 p.m.

INITIARTS AND CULTURE

presentation Welland Public Library by Barbara Van-Helsingins a special

education teacher with the Kativik School Board in Northern Quebec. Van-Helsingins will share her extensive knowledge on Inuit culture and arts. This workshop advances as space is limited.

PROGRESSIVE EUCHRE

hosted by Fonthill Lions at the Fonthill Lions Hall, Hwy. 20, 7 p.m. Prizes, light food, cash bar, \$5 a person.

JANUARY 26

PANCAKE BREAKFAST

sponsored by Knights of Columbus, Fonthill, to be held following 9 a.m. and 11 a.m. masses at St. Alexander church, 50 Pelham Town Sq. Pancakes, eggs and sausage served. Monetary donations only. All proceeds go to the St. Alexander building fund. Everyone welcome!

PENNY SALE

held by St. Kevin's Church Catholic Women's League. One hundred tickets for \$1. Doors open 12:30 p.m., draw starts at 2:30 p.m. You must be present to win. Pizza and refreshments available for sale.

FRUIT HUNTERS

is a National Film Board of Canada documentary on the intertwining relationship of humans and the fruit we eat being shown at Welland

Public Library at 2 p.m. Free.

JANUARY 27

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Also on Feb. 24, both days 10:30 a.m. to 1 p.m.

FAMILY LITERACY DAY

story time and craft at Wainfleet Township Public Library from 3:30 p.m. to 4:30 p.m. Parents and their children are welcome to join us for a story and craft in recognition of Family Literacy Day. Call 905-899-1277 to pre-register by Jan. 24.

Continued on Page 15

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Operations centre update

PORT COLBORNE — Though requests have come in to fast-track the city's new multimillion-dollar operations centre, red

tape may mean waiting for a fall build. During Monday's city council meeting, Ward 1 Coun. Bill Steele recommended the site selection process for the facility be expedited in order to take advantage of what he's heard are "all-time low" prices in the construction industry. Director of engineering and operations

Ron Hanson said a site could be selected as soon as May, but the process, which has regulated waiting periods to allow for public and agency comments, likely won't allow for a decision to be made before then.

The design of the facility has already been completed and just needs to be finalized before tender can go out in the fall, Hanson said.

Construction of the long-awaited centre hit a snag in late September when the site chosen for construction

back in 2009 was deemed unsuitable to build on. A search has since been underway to find a new location.

Public meeting

PORT COLBORNE — The Ontario government's commitment of \$26.2 million to a new south Niagara hospital will be discussed at Monday's meeting of the South Niagara Health Care Corp.

The public meeting takes place at 5 p.m. on the third floor of Port Colborne city hall.

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Ask Our



LARRY BOGGIO
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Pharmacists

WHAT'S NEW IN DIABETES CARE?

Right now one million Canadians have Type 2 diabetes and do not know it. That statement is from the Canadian Diabetes Association Website (www.diabetes.ca). Diabetes is a growing epidemic and health concern. There are new treatments and resources available to help manage diabetes.

Bayer and Roche have new meters recently available. Bayer has a meter called the Didget. This meter is aimed at kids and rewards them for good monitoring habits. It comes with games and connects to the Nintendo DS or Ds Lite System. Patients can get this through their local diabetes education centre or specialist. Another new meter is called the A1C Now Selscheck. This meter captures the three month average of a patient's glycosylated hemoglobin. This is close to lab results that your doctor sees and gives patients a very good idea how well controlled their diabetes is. This test can now be performed at certain pharmacies that have this meter.

Roche's new meter is called the Accu-Chek Mobile. This meter uses strip-free testing. Instead of inserting individual test strips for each blood test a cartridge is inserted which is good for 50 separate tests. The benefit of this machine is the elimination of strip handling which can be difficult for people with arthritis, Parkinson's or otherexterity patients. This machine is free for HUMALOG or NOVORAPID insulin users since they must test their blood sugar more often.

There is new medication available as well. VICTOZA is a relatively new product on the market. This medication is for patients with type 2 diabetes. This is a non-insulin, once-daily, injectable medication, that can help improve blood sugar and has been shown to be able to provide the additional benefit of weight loss. This medication may used alone or with other medications such as METFORMIN. Other similar medications to this will be on the market shortly. You can call your insurance company to see if this medication would be covered for you.

Besides additional products on the market there are also additional services available for diabetics. Pharmacists can provide a diabetes medication consult, free to the patient, paid for by the Ministry of Health, and an unlimited number of diabetes follow-ups. These consults can involve the pharmacist explaining medications, insulin use, and glucometers. The pharmacist can also use the A1CNow meter and check your average three month blood sugar. Pharmacists can also provide referrals to diabetic community services and web resources that are available to patients.

If you have diabetes, or are concerned that you may be at risk please call the pharmacy and book an appointment today.

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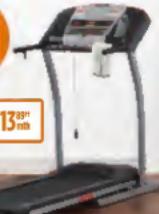


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PLAYING

15

LOCAL NEWS

HEARINGS

Wind Energy still open to negotiation, Rankin says

GREG FURNINGER
QMI Agency Niagara

An environmental review tribunal hearing into Wainfleet Wind Energy Corp.'s plan to erect two

turbines near Skydive Burnaby will resume one week from Monday.

Reached out of town Sunday, Tom Rankin said as the hearings continued last week, two days were also spent discussing a possible settlement but nothing came of it.

Those negotiations took place in private.

Despite no resolution in the matter, Rankin said a settlement option is still up for negotiation.

Skydive Burnaby owners Mike and Tara Pitt are appealing plans for the turbines to be erected on Station Rd. land near Concession 1 owned by the Loef family, who have participated on the project with Rankin Construction, a partner in Wainfleet Wind Energy.

The turbines are proposed to be built 1.5 km west of the skydiving club, raising questions of safety for parachutists in the minds of the Pitts.

The Pitts were not available for comment.

The tribunal hearing resumes Jan. 27. That's one day before township council's controversial decision to apply for \$40,000 in taxpayer money toward Skydive Burnaby's legal bills is expected to

be resolved by elected officials.

The Dec. 10 decision triggered the second of three mandatory conflict Wind Energy

Following public delegations for and against the \$40,000 decision at last week's council meeting, Jeffers said no final decision on whether to contribute that money or rescind the decision will be made until Jan. 28, so the township's legal counsel in the meantime could review the matter.

She also said no money has exchanged hands.

Delegations presented to the public last week by Township Councillor Robby Madore showed from 2012 to Sept. 13, 2013, the municipality had spent \$193,600 fighting turbines, including legal fees and \$66,645 awarded to Wainfleet Wind Energy, which successfully sued to strike down a township bylaw that called for a two-kilometre residential setback for wind turbines, rather than the 500-metre setback required as part of the Green Energy Act.

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IMPORT DATEBOOK

From Page 9
FAMILY LITERACY DAY

at Welland Public Library includes a "Family book-nic: 5:30 p.m. to 5:30 to 6 p.m. at the Diamond Trail branch and 6 p.m. to 7 p.m. at the main branch. The menu includes nutritious snacks and fun activities that children of all ages will enjoy. At the Diamond Trail branch stories will be read by fire Chief Derys Prevost, and at the main branch deputy mayor Paul Grenier.

PELHAM HORTICULTURAL

Society meeting at the Fonthill library, 7:30 p.m. All welcome to come and hear Wolfe Bonham of Peace, Love and Landscaping talk about "Garden Design – Overcoming Landscaping Problems & Mistakes."

ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is *The Street of a Thousand Blossoms*, by Gail Tsukiyama. To obtain a copy of the book, please register as a book club member.

JANUARY 29

FILEM BUFFS

discussion group at Port Colborne Public Library. Members watch films at home and then join the group for discussion. Time 2

p.m. to 4 p.m. All films to be discussed are available in DVD format to borrow from the Library. January's selections are *Night of the Hunter* and *The Legend of 1900*.

JANUARY 30

CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is *Little Women*, by Louisa May Alcott. To obtain a copy of the book, please register as a book club member.

GNOCCHI DINNER

from the Casa Dante back door, 3 p.m. to 6:30 p.m. or until food lasts. Dinners are \$10. Takeout only. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

FEBRUARY 3

WINDOWS 8.1 INTRODUCTION

Marc Mailhot, Pelham Public Library's Gadget Guy, will present information on WIN8.1 and will be available while you practice your newly-acquired skills. You must bring your own laptop or device with a WIN8.1 operating system. Time 6 p.m. to 8 p.m.; cost \$10 payable at time of registration.



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SPORTS

■ SPORTS: Prospect for the Rangers traded to Pirates

Learn closer to home in Port

BERND FRANKE
QMI Agency Niagara

Thoughts of home no longer prevent Tim Lise Learn that he's playing junior B hockey much closer to home.

While never overcome by homesickness and an overwhelming desire to return to his Niagara roots, the 17-year-old Fonthill native thought about home often enough during his

season and a half with the Kitchener Flying Dutchmen of the Greater Ontario Junior Hockey League's Midwestern Conference. He admitted it became a distraction from time to time.

"I didn't feel 100% committed. I thought if I was home, I wouldn't have to think about that and I could concentrate on hockey more," Learn, who was acquired by the Port Colborne Pirates in a cash deal

at the trade deadline, said. He said he enjoyed playing in Kitchener on a provincial powerhouse that this season set the Ontario junior B record with 25 straight wins. He also liked being a short car ride away from Memorial Auditorium, where the Kitchener Rangers, the team he entered in the seventh round of the 2012 Ontario Hockey League, play their home games.

"It was unbelievable. Everyone was in there," he said of playing before capacity crowds in the 7,234-seat arena in his stints with the Rangers.

The 5-foot-11, 180-pound forward saw action in three games for the Rangers this season after playing eight games in The O is his first year living in Kitchener.

Despite the move to Port Colborne, the 5-foot-11, 180-pound forward remains a prospect in the Rangers organization. Kitchener retains his OHL rights and Learn expects to attend the team's training camp in August.

Though he has gone from first in the Midwest to second-last in the Golden Horseshoe Conference, Learn likes becoming part of the youth movement the Pirates are creating under team owner Tim Toffo and first-year coach York Gosselin.

"I feel like I'm going to get more ice time here, and get more prepared," the son of Ed and Lise Learn and a Grade 12 student at Notre Dame College

School said.

Learn, who rates energy, speed and hitting as his greatest strengths on the ice, said his immediate hockey goals are to sharpen his skills and work on his consistency.

"I think my development is going to be better here. I'm happy to be here."

Chris said getting Learn became a priority once the team decided to jettison their 20-year-olds and get a head start on the 2014-15 season by loading up on younger players.

"He's a great two-way player who hits hard. It's all about building toward the future," Charrois said.

In his rookie season in junior B, Learn had nine goals and five assists in 47 games for Kitchener. Learn had six goals and four assists in 25 games for the Flying Dutchmen this season, and he has one goal in his first three games with the Pirates.

bernd.franke@sunmedia.ca

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SPORTS

■ HOCKEY: Port drops weekend games to Buffalo and Welland

Pirates continue to struggle

BERND FRANKE
QMI Agency Niagara

Less than a day after running out of leads, the Port Colborne Pirates ran out of comebacks.

After allowing five unanswered goals in a 6-3 loss at home to the Welland Junior Canadians on Friday night, the Don Cherry's Pirates trailed the Buffalo Regals 4-1 the following afternoon on the road.

They were able to make it a one-goal game toward the end of the second, but that was as close as they would get to snapping a four-game losing streak. Buffalo netted three straight goals to score a 7-3 victory and win for the first time

in 16 games.

It was only the Regals' second win against 37 losses this year, and the team's second of the season against Port Colborne. Their last victory came Nov. 29 when they visited Port Colborne and returned home with a 5-4 victory.

Matt Mahony led Buffalo on offence with three goals, and Nicholas Matos scored twice, while Jake Farrell and Michael Faliero also found the back of the net for Regals who outshot Port Colborne 29-28 and improved their record to 2-36-0-1.

Spencer Fox, James Mensen-Detrich and Cody Levasseur

replied for the Pirates, now 9-28-0-2 in the Greater Ontario Junior Hockey League's Golden Horse Shoe Conference.

Adam Bantle made 25 saves to earn the win, while Marcus Hlyvka, who started the game between the pipes for Port Colborne, was tagged with the loss. He surrendered 10 goals and 14 shots before giving way to Jake Danson, who stopped 10 of 14 shots the rest of the way.

Next action for the Pirates is Friday at home in a 7:30 faceoff against the Port Erie Meteors.

JUNIOR CANADIANS 6,
PIRATES 3

At Port Colborne, Welland came back from a 3-1 deficit and doubled the Pirates, continuing their dominance in this season's Battle of Hwy. 140.

Dowd 3-1 after surrendering three straight goals to Welland. Colborne sniper Bryan Komarska, in his first game against his former team; Damien Lalonde, Brayden Stortz, J.C. Thivierge and Matt Cuglietta all found the back of the net to give the Young Insurance Juniors their fourth win in as many

starts in the hotly contested regional rivalry.

Miller Hatten opened the scoring for Welland, which outshot the Pirates 49-34 and snapped a two-game losing streak to 20-10-1.

To end captain John DiLorenzo, with his first goal of the season; Ryall Ledard and Mensen-Detrich replied for the

pirates.

bernd.franke@summeida.ca



BERND FRANKE/STAFF PHOTO

Welland Junior Canadians defenceman Gabe Ruggi clears the puck in junior B hockey against the Port Colborne Pirates Friday, Jan. 18, 2014, in Port Colborne, Ont.



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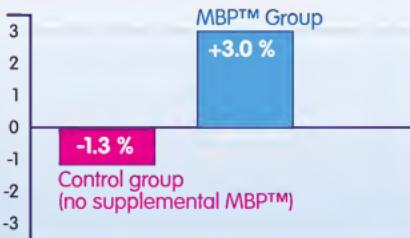
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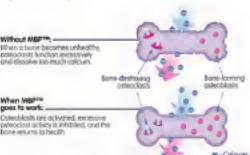
Bone Metabolism

Each day, our bones undergo a constant, gradual process of regeneration. Bones are created from living cells, and continually regenerate themselves through a process known as bone metabolism. Bone metabolism involves the destruction of old bones, or bone resorption, and the creation of new bones, or bone formation. The cells that handle bone resorption are known as osteoclasts, while the cells engaged in bone formation are called osteoblasts. Osteoblast cells produce collagen, the basic building material of bones. When osteoblasts produce collagen, calcium from the bloodstream attaches to the collagen to form new bone material.

How BoneMD® Helps Build Bones

MBP™, the active ingredient in BoneMD®,

regulates the activity of bone-destroying osteoclast cells, while increasing the number of osteoblast cells and stimulating them to increase the production of collagen, the building block of bones.



MBP™ both suppresses bone resorption and stimulates bone formation. MBP™ is an important substance that maintains a balanced bone metabolism, assisting in bone formation during periods of growth, and helping to prevent osteoporosis.

The Healthy Cupboard

**NEW
WEBSITE!**



**Tanya &
Ian Birrell**
Owners of
The Healthy Cupboard

www.healthycupboard.ca • healthycupboard@gmail.com

TWO LOCATIONS!

FONTHILL

111 #20 EAST
(across from Sobey's)
905 892.9054

PORT COLBORNE

101 CLARENCE STREET
(across from Food Basics)
905 835.9806

Did you know?
The DSBN proudly offers Full Day Kindergarten at all of our 85 public elementary schools!



Not sure which school your child should attend?

SchoolLocator

Our easy-to-use School Locator can help! Simply type in your address to find the location of your DSBN home school! www.dsbn.org/findaschool

Come on in to our Kindergarten Open House! Thursday, February 6 4:00 - 6:00 p.m.

Simcoe Street Public School
 4760 Simcoe Street, Niagara Falls
 (905) 358-9121
 YMCA Childcare
 After school program

Valley Way Public School
 \$315 Valley Way, Niagara Falls
 (905) 356-6611
Victoria Public School
 5635 Heritage Drive, Niagara Falls
 (905) 354-1321

Niagara ON THE LAKE
 Cressadae Public School
 1350 Niagara Stone Rd., NDTL
 (905) 468-7793
YMCA Child Care On-site
 289-666-8867

Palladium Oak Public School
 325 King Street, Niagara on the Lake
 (905) 468-4233

St. Davids Public School
 1344 York Street, St. Davids
 (905) 262-4533
 Way to Grow
 St. Davids On-site
 289-969-6731

PELIHAM
A.K. Wigg Public School
 1337 Halst Street, Fonthill
 (905) 892-2605
 Way to Grow
 Pelham On-site
 905-892-0922

E.W. Farry Public School
 9 Alap Avenue, Fenwick
 (905) 892-3251
 A Child's World
 Child Care On-site
 905-892-5437

Glynn A Green Public School
 1353 Pelham Street, Fonthill
 (905) 892-3821
 YMCA Child Care On-site
 905-892-1577

PORT COLBORNE
DeWitt Carter Public School
 435 Fares Street, Port Colborne
 (905) 834-4440

McKay Public School
 320 Fielden Avenue, Port Colborne
 (905) 834-4753
A Child's World
 Child Care On-site
 905-380-5306

Oakwood Public School
 255 Omer Avenue, Port Colborne
 (905) 834-9732
A Child's World
 Child Care On-site
 905-835-9752

Steels Street Public School
 214 Steele Street, Port Colborne
 (905) 834-4333

ST. CATHARINES
Alexandra Public School
 84 Henry Street, St. Catharines
 (905) 685-5489
YMCA Child Care On-site
 905-684-5951

Applewood Public School
 130 Meadow Street, St. Catharines
 (905) 684-4359

Briardale Public School
 1A Caroline Street, St. Catharines
 (905) 684-9259
YMCA Child Care On-site
 905-685-6105

Burleigh Hill Public School
 15 Burleigh Hill Drive, St. Catharines
 (905) 227-6641

Carleton Public School
 1 Carlton Park Dr., St. Catharines
 (905) 934-5243
YMCA Child Care On-site
 905-937-6621

Connught Public School
 28 Prince Street, St. Catharines
 (905) 682-6609
 A Child's World Early Learning On-site
 905-682-3834

E.J. McClellan Public School
 16 Berkley Drive, St. Catharines
 (905) 934-7344
Edithe Cavell Public School
 1 Monk Street, St. Catharines
 (905) 684-6545
 Western Hill Day Care On-site
 905-684-6288

Ferndale Public School
 35 Ferndale Avenue, St. Catharines
 (905) 584-1101
A Child's World
 Child Care On-site
 905-682-7999

Glen Ridge Public School
 101 South Drive, St. Catharines
 (905) 685-9586
YMCA Child Care On-site
 905-684-4770

Gracefield Public School
 117 Bayview Drive, St. Catharines
 (905) 934-1411
YMCA Child Care On-site
 905-684-9622

Grapeview Public School
 106 First Street Louth, St. Catharines
 (905) 984-5517
YMCA Child Care On-site
 905-682-9455

Lincoln Centennial Public School
 348 Scott Street, St. Catharines
 (905) 937-5110
Lockview Public School
 505 Burnsford Road, St. Catharines
 (905) 934-3331

YMCA Child Care On-site
 905-935-4227

Maywood Public School
 140 Haig Street, St. Catharines
 (905) 685-8451
Meadowvale Public School
 63 Ced Street, St. Catharines
 (905) 935-4292

YMCA Child Care On-site
 905-934-9047

Memorial Public School
 17 Weland Avenue, St. Catharines
 (905) 685-7347
YMCA Child Care On-site
 905-682-9688

Oakridge Public School
 1 Marsdale Avenue, St. Catharines
 (905) 584-6589
Pennell Public School
 507 George Street, St. Catharines
 (905) 934-3349
YMCA Child Care On-site
 905-937-5260

Pine Grove Public School
 690 Lake Street, St. Catharines
 (905) 935-1901
YMCA Child Care On-site
 905-934-9091

Port Weller Public School
 273 Pamela Road, St. Catharines
 (905) 934-3322
YMCA Child Care On-site
 905-937-0112

Power Glen Public School
 34 Westland Street, St. Catharines
 (905) 684-7429
YMCA Child Care On-site
 905-984-3344

Prince of Wales Public School
 95 Facer Street, St. Catharines
 (905) 937-2225
Prince Philip Public School
 600 Vine Street, St. Catharines
 (905) 934-2525
YMCA Child Care On-site
 905-935-9973

Sheridan Park Public School
 114 Linwell Road, St. Catharines
 (905) 937-0510

Westdale Public School
 130 Ryer Street, St. Catharines
 (905) 682-9284
YMCA Child Care On-site
 905-397-0095

Woodland Public School
 1511 7th Street Louth, St. Catharines
 (905) 685-1331
A Child's World
 Child Care On-site
 905-735-1162

THOROLD
Ontario Public School
 550 Albiong Road, Thorold
 (905) 227-2851

Prince of Wales Public School
 40 Pine Street, Thorold
 905-227-1321
YMCA Child Care
 After School Program

Richmond Street Public School
 153 Richmond Street, Thorold
 (905) 227-2971
Thordale Community
 Activities Group After School
 Care On-site
 905-227-0545

Westmount Public School
 73 Ann Street West, Thorold
 (905) 227-3827
YMCA Child Care
 Supervised walk to location
 905-680-7164

WAINFLEET
William E. Brown Public School
 31870 Lee Street, Wainfleet
 (905) 899-3471

Winger Public School
 53220 Winger Road, Wainfleet
 (905) 899-3821

WELLAND
Diamond Trail Public School
 315 Southworth Street, Welland
 905-734-3208

Fitch Street Public School
 164 Fitch Street, Welland
 (905) 732-3683

Glendale Public School
 24 Farnham Avenue, Welland
 (905) 735-5213

YMCA Childcare On-site
 905-734-1209

Gordon Public School
 468 Throld Rd. W., Welland
 (905) 734-3730

Plymouth Public School
 111 First Street, Welland
 (905) 732-4110
 A Child's World
 Supervised walk to location
 905-735-8312

Princess Elizabeth Public School
 330 Shoffield Avenue, Welland
 (905) 734-3460

Quaker Road Public School
 333 Quaker Road, Welland
 (905) 732-5412

Ross Public School
 358 Niagara Street, Welland
 (905) 734-4273

WEST LINCOLN
Calstar Central Public School
 1794 Regional Rd. B, Calstar Centre
 (905) 957-7473

College Street Public School
 132 College St., Smithville
 (905) 957-7024
YMCA Child Care On-site
 905-956-0995

Gainsborough Public School
 5459 Highway 20th #2, St. Arns
 (905) 386-6223

The DSBN strives to connect families to daycare through transportation. Talk to your school for more information.

How can I help my child get ready for learning in Kindergarten?

Children do not need to have specific knowledge or skills to begin school, but you can help your child get a great head start and support their learning by introducing some math and literacy related activities into your home routine.

Math on the Go!

Clapping, playing with different shapes, and sorting items by colour. These activities are fun and a great way to make math part of your child's everyday life.

Kindergarten children have a natural ability to connect with math concepts. Everyday activities offer opportunities for your child to connect their natural mathematical thinking to more formal mathematics. Here are some math activities you can try at home and on the go:

- Play number games during everyday activities, such as counting the number of steps while walking, the number of trucks you see while driving, or count the change needed to pay for an item
- Help your child recognize shapes and size relationships. At the grocery store, ask your child to find items that are triangles, circles, rectangles, and other shapes.
- Have your child help sort the laundry by different categories: by color, by item or by who it belongs to.
- Kindergartners love repetition and patterning, which fosters mathematical thinking. Clapping patterns help your child discover sequences and predict what comes next.



Thursday, February 6
4:00 - 6:00 p.m.

Let's Write!

Strong handwriting skills have been shown to help children do better in spelling, creative writing and even math. You can support your child's learning by encouraging your child to write often, and by giving lots of praise for any attempts they make!

They can write:

- a grocery list
- a note to a family member
- your phone number
- their name
- the alphabet

Did you know?

Smaller writing tools are easier for little hands to grasp. A small size gives little ones a chance to develop more control when learning handwriting skills.